

方华文 编著

英汉对照

让我们
从这儿开始

Let's
Start Here 

心灵鸡汤
小故事



时代出版传媒股份有限公司
安徽科学技术出版社

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前 言

法国作家雨果说过：“活得认真，人生才能够精彩。”此处所言“认真”，即“踏踏实实”。那么，怎样才算踏踏实实呢？随之便有了一连串的问题。如果你问两个度过了漫长一生的老人（一为得意者，一为失意者）：什么样的人生才是成功的？他们的回答可能是一致的：“年轻时制订蓝图，用一生去实现它！”得意者会说：“我做到了！”失意者则会说：“我想做，但没有做！”后者的桑榆晚景颇为凄凉，他内心因后悔而难过，同时得不到社会的尊敬——人们敬仰成功者，正是他们的成功推动了社会的进步！这本小书的主旨是帮读者策划人生——帮助读者解读爱情的真谛，强化生活的动力；帮助读者寻找步入坦途的“灵丹妙药”，品尝成功的喜悦，安享社会所给予的荣誉；帮助读者正确对待困难和灾情，怀着乐观之心攀登高峰。

一声哇哇的啼哭，一个生命就降临到了这个世界，开始了生命之旅。旅途中，有苦涩有甘甜、有悲伤有欢喜、有分离有相聚，还有生老病死。你结识了许许多多的人，有亲人、朋友、同事、邻居，当然还有情侣。也许一个转身，原本如此熟悉的两个人从此永不相见，形同陌路。他（她）伤害过你吗？你对他（她）有过揪心揪肺的爱吗？很可能一切都是一场梦！人生中这样的“符号”太多了！你的心里是否燃起了烈火，抑或是寒冰的世界？这本小书会帮你分析，并提供“小贴士”，让你不再遗憾。

清晨一睁开眼，我们就要面对一个风云变幻的大千世界，一颗心会因喜悦而变得轻快，也会因烦恼而沉重。美国总统罗斯福、法国将军



拿破仑等伟人也和我们一样随世事而沉浮。但他们毕竟是智者，懂得如何化解烦恼，增加“幸福指数”——他们的真知灼见记载在这本小书里，读者能品尝到“智慧”的甘露。

你可知道，很多人一辈子也没发挥出他们0.1%的潜能！一般人并不了解自身的“深浅”，只有在危急关头，他们的潜能才如火山般爆发出来。劝读者留点心眼，看自己有什么能力——让它潜伏着怪可惜的。这本小书帮助你了解一个道理——发现机会，就可以发掘出潜能。只要你读懂了自己，完全可以跻身于有作为的人行列。

人生当中有许多十字路口，遇到十字路口到底该如何选择？选对了，可能一生飞黄腾达；选错了，则一生碌碌无为。迷茫、忐忑——这就是我们置身十字路口时的心情。这本小书可以作为你的“指南针”，借伟人之口加以点拨，让你不再彷徨。

人生就像一片茫茫的大海。芸芸众生就像在海上行驶的一叶叶小舟，时而随浪涛而波动，时而在风和日丽的环境里享受安宁。这本小书愿意时时陪伴你，一定能给你带来欢乐！

方华文
于苏州大学

CONTENTS

目 录

Attitude in the Society 为人处世

1.A Positive Attitude towards Gains and Losses	2
1.以积极心态对待得与失	3
2.Never Hesitate	6
2.遇事万不可优柔寡断	7
3.Do Things You Are Good at	10
3.做自己擅长的事情	11
4.Change the Rules of the Game	14
4.改变游戏规则	15
5.Meet the Challenge, Persist to the End	18
5.迎接挑战,坚持到底	19
6.Do Something to Eliminate the Worries	22
6.有所事事,消除忧虑	23
7.How to See Money	26
7.怎样对待财富	27
8.How to Improve Your Personality	30
8.如何塑造自己的人格	31
9.Passion Can Create Brilliant Things	34
9.激情能创造辉煌	35
10.You Gain if You Try Your Best	38
10.精益求精结硕果	39
11.Get Rid of Bad Habits	42
11.戒除坏习惯	43
12.Ideals Lead to a Bright Future	46
12.有理想才有光明的前程	47
13.Learning Makes a Bright Life	50
13.自我修养,让人生充满光明	51
14.Learn to Cherish the Time	54
14.学会珍惜时间	55



15.Be Independent, Control Your Fate	58
15.独立自主,掌握命运	59
16.Let the World Need You	62
16.让世界需要你	63

Feelings and Emotion 感情世界

1.Small Favor Returned with Big	68
1.滴水之恩必当涌泉相报	69
2.Roses Brought Her Back to Life	72
2.玫瑰花使她起死回生	73
3.Descartes' Magic Love Letter	76
3.笛卡儿神奇的情书	77
4.Brooch Bringing Love	80
4.胸针带来的爱情	81
5.Mother's Love	84
5.可怜天下慈母心	85
6.Love Means Caring	88
6.爱,就是关心	89
7.Love Brings Good Luck	92
7.爱心带来好运	93
8.Love Is Encouragement	96
8.爱,是一种激励	97
9.Friendship in Remittance	100
9.汇款单寄托友谊	101
10.Love, Not Violent, But Lasting	104
10.爱,并不一定猛烈,但长久	105
11.The True Love of Maria Curie	108
11.居里夫人真挚的爱情	109
12.Father Will Never Give up His Love	112
12.父爱不离不弃	113
13.It Is Bad to Be Disabled, But It Is Worse to Be without Aspirations	116
13.不怕身残,就怕志残	117
14.Mutual Love and Everlasting Love	120
14.相濡以沫,爱至永远	121
15.An Adopted Daughter's Filial Piety	124

15. 养女缱绻之情	125
16. Rescue the War Orphans	128
16. 拯救战火孤儿	129

Our Beloved Life 漫漫人生

1. Never Give up in Face of Setbacks	134
1. 面对挫折, 决不放弃	135
2. When the Disaster Strikes	138
2. 当灾难降临时	139
3. Talent, Born in Adversity	142
3. 逆境出人才	143
4. How to Avoid Distress	146
4. 应对苦难的妙方	147
5. Leave Anxiety and Fear behind	150
5. 把忧虑和恐惧抛到脑后	151
6. How to Treat Different Opinions	154
6. 如何对待别人的意见	155
7. Honor and Modesty	158
7. 以平常之心对待荣誉	159
8. Dislike and Enjoyment	162
8. 变“厌恶”为“喜欢”	163
9. Trained in the Storm	166
9. 在暴风雨中锻炼	167
10. Big Mistakes Might be the Reason for Success	170
10. 大错之后获得成功	171
11. Bitter Life Experiences Help You Succeed	174
11. 苦难身世, 助你成功	175
12. Out of the Shadow of Disease	178
12. 走出疾病的阴影	179
13. A Sense of Mission Helps to Perfect Your Life	182
13. 使命感使你人生完美	183
14. Hardworking and Carefulness, Qualities of the Elite	186
14. 刻苦和细心是精英的素质	187
15. Honor, the Core of Life	190
15. 荣誉是生命的核心	191



16. Learn to Control Yourself, Keep Calm	194
16. 学会自制, 保持冷静	195

The Magnificent Prospects 壮丽前景

1. Fine Personality, Good for a Lifetime	200
1. 培养良好个性, 终生受益无穷	201
2. Rome, not Built in a Day	204
2. 罗马绝非一日建成	205
3. Competition, the Starting Point of Success	208
3. 竞争, 成功的起点	209
4. Do Not Let Bad Luck Ruin You	212
4. 不要让坏运气毁了你	213
5. Choose an Interesting Topic	216
5. 谈论别人感兴趣的话题	217
6. In Pursuit of Joy	220
6. 追求欢乐的途径	221
7. Difficulties Can not Beat Heroes	224
7. 困难吓不倒英雄汉	225
8. Do Things Properly and Logically	228
8. 做事有条有理	229
9. Create Opportunities of Success	232
9. 创造成功机会	233
10. You Must Trust Yourself	236
10. 一定要相信自己	237
11. You Get More When You Mind Less	240
11. 不计报酬, 反而报酬更多	241
12. Recharge Yourself with Knowledge to Gather Strength	244
12. 随时“充电”, 积蓄实力	245
13. Say No to Failure	248
13. 人生无失败可言	249
14. Do Small Things, Then Big Ones	252
14. 事情从小做到大	253
15. Good Behavior, Good Life	256
15. 美好的行为, 美好的人生	257
16. Be an Active Member of the Society	260
16. 积极融入社会	261

Attitude in the Society
为人处世



1

A Positive Attitude towards Gains and Losses

Always maintaining a positive attitude makes your life colorful, even helps you to get out of all difficulties and troubles, and eventually see hope. One of my friends was fired due to low efficiency in his work, which depressed him greatly, and threw him into a dark mood. He drank and played video games, wasting his youth away, feeling that his life seemed to come to an end. He thought that his pride was mercilessly hurt, and he hated his boss deeply. One day in the bookstore he accidentally saw a book named *Positive Attitude Means Good Life*. A few pages of reading brought him strong enlightenment. Back home, he quitted the “game addiction” and “alcohol”, made a plan, and followed the plan step by step. First, he read some books on cooking, developed a recipe with a bit of research. Then he borrowed money from his parents to open a small restaurant. The business was booming. He was not satisfied with that, but set up a chain of restaurants, and made himself a famous rich owner. One day, his former employer walked into his restaurant, whom he received with a beaming face, and explained with gratitude that he would never have had today



以积极心态对待得与失

始终保持积极的心态可以使你的生活充满色彩,即便遇到这样或那样的困难,也能够最终走出困境,看到一片蓝天。我的一位朋友由于工作不得力被公司炒了鱿鱼,情绪一下子陷入了低谷,结果萎靡不振,靠酗酒和玩电子游戏狼狈度日,感到人生似乎走到了尽头。他觉得自己的自尊心受到了无情的打击,对老板恨之入骨。一天在书店里无意中看到了一本叫《积极的心态就是美好的人生》的书,读了几页便有“醍醐灌顶”之感。回到家中,他戒掉了“游戏瘾”和“酒瘾”,给自己列了一份计划书,并按着计划逐步实行。首先,他读了一些烹饪的书籍,研究出了一份“秘籍”,从父母那儿借钱开了一家小饭店,生意红红火火。他并没有因此而感到满足,而是连续开了几家连锁饭店,摇身一变成了一位小有名气的阔老板。一天,他昔日的雇主来店里吃饭,他满面春风地接待了雇主,感谢对方说:如果当初没有被炒鱿鱼,他就不会有今天。积极的心态为什么会产生这么大的作用呢?最初被解雇时,他怨天怨地,觉得整个社会都在跟他作对,一副愤世嫉俗的



if he had not been fired. Why has a positive attitude brought such a big success? When he was fired, he blamed and complained, thinking that the whole society was against him, a complete cynical man. Such a man would never be favoured by OPPORTUNITY. When he adjusted his attitude, keeping up a positive attitude towards life, OPPORTUNITY began to smile at him, turning him into a successful man.

Tips for the mind

“Environment” is an objective reality, but the mental attitude is subjective. Negative attitude will cause environmental degradation, however, positive attitude can improve the environment and turn hostile environment into favorable one.

样子。“机遇之神”最讨厌的就是这种人。当他调整了心态,以积极的态度对待人生时,“机遇之神”开始垂青于他,使他走向了成功。

处世良方

“环境”是客观存在的,而心态却是“主观”的。消极的心态会使环境恶化,而积极的心态可以改善环境,促使原本不利的环境“柳暗花明”。



2

Never Hesitate

An indecisive person is bound to fail in everything. OPPORTUNITY despises such people, often favors those strong, decisive, vigorous and resolute people. An indecisive man is weak in decision-making, always subject to the surrounding environment. He thinks himself “stable” and “cautious”, but actually gives an impression that he is good for nothing. Such a man trusts no one, not even himself. Jack is a man of indecision, who has gone nowhere in his career, and his life is a mess. He will come back to check whether the gas valve is off, when he leaves his house. Hesitation results in low efficiency. Once, he went to mail a package to his friend. Out of the post office, when the business was done, he found his way back as he doubted that he had written the address wrong. Then he asked the staff to find out his package from the large piles of mails. Nothing was wrong with the address, which made him a big embarrassment to the staff.

If you want to accomplish something great, “indecision” is the fatal weakness, which will make you hesitate and lose opportunities, and which will even affect your partners, and

2.

遇事万不可优柔寡断

一个优柔寡断的人势必一事无成，因为“机会”最瞧不起这样的人，而喜欢那些坚强果断、雷厉风行的人。优柔寡断者缺乏决策的能力，总会受制于周围的环境，他们自以为“稳重”，干事“四平八稳”，结果给人以“原地踏步”的感觉。这样的人不相信别人，就连自己也不相信。杰克性格优柔寡断，非但事业无成，生活方面也是一团糟。他经常在出家门后还要拐回去检查天然气的阀门是否关了，磨磨蹭蹭的，效率极低。一次，他给朋友寄了一个包裹，走出邮局后却又觉得把地址写错了，于是要求工作人员从如山的邮包堆里找出他的邮件。结果，地址一字不差，弄得工作人员哭笑不得。

如果要成就一番伟大的事业，“优柔寡断”则是致命的缺点，它会让你举棋不定，在错综复杂的环境里失掉良机，甚至会影响到你的同伴，把你们的宏伟规划变成“镜花水月”——可悲可叹！当然，这样说并不是叫你草率鲁莽。无论干任何一件事，都应该权衡利弊，形成坚定不移的“主见”，然后毅然决然地采取行动。在行动中，你也许会有失误，



your plans, no matter how grand they are, are bound to fail. Deplorable then! Of course, it does not mean to ask you to do things recklessly. Everything should be done with cares and resolution after you make choices and form firm, definite ideas. In action, you may make mistakes, but those mistakes can be remedied quickly. It is important that you march forward! Indecisive people are afraid of risks, they hesitate and remain where they are. They are not to be trusted as they are likely to drag you, affect your development!

Tips for the mind

Irresolution or hesitation is a bad habit. Get rid of it now and here! It is a disease, to be cured only with strong medicine!